



Shift Happens: A Simple Ritual for Presence & Transformation

"Sometimes, all it takes is one breath, one pause, one pebble in the water to ripple everything."

Step 1: Pause & Presence

Find a quiet moment. Wherever you are—at your desk, in the car, on a walk—gently bring your awareness to this moment.

Place your hand over your heart or your belly. Let this be your signal: **you've arrived.**

Whisper to yourself:

"I am here. Right now. In this breath."

Take a single **deep inhale** through the nose...

...and exhale slowly through the mouth like wind softening the surface of a lake.

Step 2: The Invisible Pebble

Visualize yourself standing at the edge of a clear still lake. In your hand is a small **imaginary pebble**—representing whatever you're carrying (tension, confusion, hope, wonder, etc.).

Gently **drop this pebble** into the water.

Hear the sound it makes.

Is it a..

- **bloop?**
- **ta-dunk?**
- **plop?**
- **Does it make another type of noise?**

Watch the ripples spread across the surface.

Say silently or aloud:

"Shift happens. I release. I receive."



Step 3: Choose a Micro-Shift

With your next breath, **choose one small thing** you can do today that would feel like a shift toward inner alignment:

- A kind word?
- A sip of water?
- A walk outside?
- A boundary honored?
- A truth spoken?

Whisper:

“Even the smallest shift holds power.”

Step 4: Anchor the Shift

Carry a small token—a stone, a sticker, a note, a word. Let it be your **reminder** of the shift you invited.

Touch it when you need to return to yourself.

Optional: Journal Prompt

What shifted in me when I paused, let go, and chose one small thing?